

Compare Labels

Which of these two items is lower in sodium? To tell, check the Percent Daily Value. The answer is given below.

Frozen Peas:

Nutrition Facts

Serving Size: 1/2 cup

Servings Per Container: about 3

Amount Per Serving

Calories: 60 Calories from Fat: 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 6g	22%
Sugars 5g	
Protein 5g	

Vitamin A 15% Vitamin C 30%
Calcium 0% Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Canned Peas:

Nutrition Facts

Serving Size: 1/2 cup

Servings Per Container: about 3

Amount Per Serving

Calories: 60 Calories from Fat: 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	14%
Sugars 4g	
Protein 4g	

Vitamin A 6% Vitamin C 10%
Calcium 2% Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

ANSWER: The frozen peas. The canned peas have three times more sodium than the frozen peas.